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# STD Home Cures for Men

By Robin Hale, eHow Contributor

Sexually transmitted diseases (STD) can be both frustrating and embarrassing for a man to deal with. Home remedies can treat or ease the pain of a certain number of STDs, but others require professional treatment, and a small number of sexually transmitted diseases have no known cure.

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## **STD Home Testing**

Because the first step is diagnosis of the disease, you can use convenient at-home testing options. Some tests, which involve urine, provide the results immediately, while others must be sent to a laboratory to be analyzed.

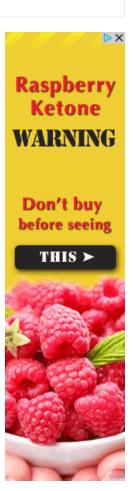
Anonymous in-home testing is available for the following STDs: chlamydia, hepatitis, syphilis, herpes, HIV, and gonorrhea. Websites such as RequestaTest.com send out a collection pack for you to use. Chlamydia and gonorrhea results are determined through a urine sample. A blood sample is needed for hepatitis, syphilis, herpes and HIV results. Once your blood or urine sample is collected according to the instructions provided with your pack, just mail it in and wait for your confidential results.

Keep in mind that some test results, such as herpes and HIV, which are incurable, may cause a certain amount of mental duress. An STD clinic is staffed with counselors who are trained to help a patient deal with his diagnosis and what may be the best option.

## **Natural Remedies**

According to Herbs2000.com, genital herpes, although incurable, can be soothed by applying an herbal paste made with licorice rice. Drinking peppermint tea also helps with the pain caused by herpes blisters. Coptis and Scute is a traditional Chinese blend of four different bacteria-killing herbs. It can be used to clear the body from the chlamydia bacteria.

Gonorrhea does respond to natural herbal treatments, although HomeRemedies.org strongly advises a visit to your physician first. Gonorrhea is highly contagious and can cause several complications if not treated properly.





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Genital warts, caused by a strain of HPV (human papillomavirus), can be treated successfully with a tincture or paste made of bloodroot or comfrey.

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#### Purchasing Home Remedies

When delving into the area of alternative medicine or home remedies, it is important that you purchase the freshest herbs with the highest concentration of their active ingredients. Tinctures are preferred over tablets or powdered form because they are more highly concentrated. Capsules or teas should be purchased from a reliable health food store or your local herbalist. Mass-produced capsules that can be found at your local drug store chain are not generally the same quality as your health food store can provide. Nutritional-supplement-truths.com can provide more information on choosing the freshest and safest supplements.

## Sexual Activity

While treating an STD, it is wise to refrain from any further sexual activity. Talk to your partner about your symptoms because they should also consider treatment options.

The best way to prevent any further embarrassment or anxiety over STDs is to use a latex condom during sexual activity. There are many options for preventing pregnancy, but only a latex condom will protect against sexually transmitted diseases.

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